

# Why the Concern?

- A woman has a one in eight lifetime chance of developing breast cancer.
- Breast cancer is the second leading cause of cancer death.
- When breast cancer is found and treated early, the survival rate is 98 percent.

# Are you at Risk?

Risk factors may increase your chance of developing breast cancer. However, just because you have a risk factor does not mean that you will get breast cancer. Also, women without any risk factors other than being a woman and getting older can develop breast cancer.

# Risk factors include:

- Being a woman.
- Being older than 50 – the risk of breast cancer increases with age.
- Having a personal and/or family history of breast cancer.
- Genetic mutation of the genes BRCA 1 and 2.
- Taking hormone replacement therapy for more than five years.



***Choose between this picture and quote or the pictures and quotes on the following pages (or use more than one).***

Every birthday is a reminder for Monica Nagel to go see her doctor. “Every year in my birth month, I have always gone in for a full physical,” she says. Nagel says that if there’s something within her body to find, she wants to know about it right away so there’s time to take care of it.

-Monica Nagel  
New Town, N.D.



Many women rely too heavily on family history to guide their health care, but Paulette Benson says of all the women diagnosed with breast cancer, only 15 percent had a family history of the disease. “You can’t rely on that, and early detection is key,” Benson says. “I think if we keep driving that message home, we’ll see more women being screened earlier and they’ll realize that they don’t have to fear this.”

-Paulette Benson  
Family Nurse Practitioner, Physician Assistant-Certified  
Wishek Hospital Clinic Association



# North Dakota Cancer Coalition

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*Planning for a cancer-free future.*





“I feel I have a lot to live for, so if something is caught early on in a mammogram, it’s worth it,” Lorie Possen says. “If I can help just one woman, it’s worth it. So make the call.”

-Lorie Possen  
Minot, N.D.

**Breast**

**Cancer**





# October is Breast Cancer Awareness Month

A large, stylized pink awareness ribbon is positioned behind the word 'Mammograms'. The ribbon is a solid light pink color and is tied in a loop, with the ends trailing off to the bottom left and bottom right.

*Mammograms*

*Not just once, but for a lifetime.*

Join the millions of women who get mammograms regularly.

# Signs and Symptoms

- Change in skin color and texture such as redness, rash or orange peel appearance.
- Changes in size or shape of breast including swelling, dimpling or puckering.
- Change in the appearance of nipple including nipple that is turning inward that normally has pointed outward or is scaly or cracked.
- Spontaneous nipple discharge.
- Lump or thickening in or near breast or in the underarm area.

*Planning  
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cancer-free future.*

Display developed by the North Dakota Cancer Coalition.

# **Early Detection is Your Best Protection!**

**Clinical Breast Exam.** A clinical breast exam is when a health-care provider looks for and feels for any changes in your breasts.

- **Mammogram.** A mammogram is an x-ray of the breast. It can detect breast cancer two to three years before a lump can be felt.



# Take Charge!

- Every woman needs to talk to her health-care provider about her risk factors for breast cancer to determine when to begin and how often to have clinical breast exams and mammograms. It is also important for women to be aware of what is normal for them and to see their health-care provider if they notice any breast changes.
- Check with your health insurance company to find out what your insurance covers.